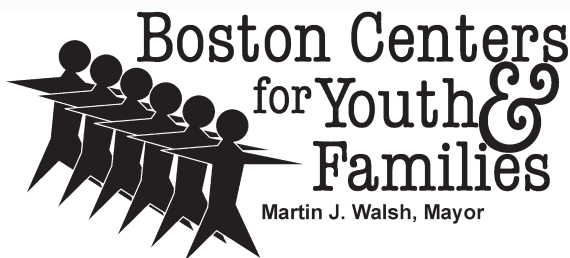


BCYF Roche Family Community Center

Winter/Spring/Summer
Program Guide
2020



Who we are

Boston Centers for Youth & Families (BCYF) Roche Family Community Center is a not-for-profit community-based organization for the residents of our community. Guided by the West Roxbury Community Center Council (WRCC) and in partnership with the City of Boston's Boston Centers for Youth & Families, WRCC's continued mission is to reach all residents of its community and provide quality art, character, education and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

2020 Schedule Highlights

January 8	Registration for City of Boston residents only 5:00pm-7pm at back entrance
January 15	Small Wonders Early Childhood Program 2020-2021 Enrollment begins
January 15	Registration begins for non-residents @ 9am
January 21	Session I begins
March 23	Session II begins
April 1	WRCC Scholarship Applications Available
April 1	Registration for Summer Programs @ 5pm
July 6	Summer programs begin

West Roxbury Community Centers Council

West Roxbury Community Centers Council is a not for profit 501(c) 3. Our members raise funds for the programs at the site. Do you want to be involved in the community, but can't make a huge time commitment? Do you, your kids, or other family members participate in programming at the Roche Center? Do you have an interest in helping to support existing programs and develop new ones? If you answered "Yes" to any of these questions, we want you! The WRCC Site Council is the non-profit arm of WRCC and partners with the City to continually offer quality programming to our members! We meet once a month for 1 - 2 hours, currently on a Thursday evening, although we are always open to making our meeting day/time as convenient for our members as possible. The Site Council is seeking new members who can bring fresh eyes and new ideas to our work! Come to a meeting and see what you think!! We'd love to have you!! Join us on the 4th Thursday of each month at 7pm. If you would like additional information call 617-635-5066. We welcome your thoughts!

WRCC Board Members

Kathy Gallant, President	James McDonough	Patrice Sullivan
Ginny Carroll, Vice President	Michael Hamrock	Jay Walsh
Ann Marie Russell, Secretary	Bonnie Houston	
Mike Lynch, Treasurer		

Any WRCC program questions or concerns; you can contact us by e-mailing westroxburycc@comcast.net

Membership at BCYF

How to become a Member of BCYF

Membership at BCYF Roche Center is renewable each September with the membership running through August 31st. **All payments for BCYF memberships must be by money order or bank check made payable to the City of Boston.**

Membership Privileges

This brochure details programs offered for 2020. Most activities have a small fee. Free activities and privileges are offered for community members of all ages. BCYF Roche Center members are able to skate during public skating hours @ Roche Arena for free. Must present a current membership card for free admission at rink. **Prices are subject to change.**

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Teen (13-19)	\$5	\$10

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our 2020 programs begins on Wednesday, January 8 at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 15 at 9am. **One registration per family/member on January 8.** Unless otherwise stated in the program description, BCYF membership is required. Please call 617-635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. Members are asked to respect the age/grade requirements for classes. WRCC reserves the right to move/remove a child if they are not the age/grade for a class.

Registration Policy

- 1. Memberships are non-refundable.
- 2. There are no refunds given after registration is taken for a program.
- 3. Credits/transfers will not be issued after the 1st week of a session.
- 4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full fee.
- 5. Due to limited space on teen trips once a registration is accepted by WRCC, no refunds, credits, or transfers/substitutions will be given if a teen does not attend.

BCYF Roche Family Community Center

A George Robert White Trust Facility

617-635-5066 1716 Centre Street rochecc@cityofboston.gov

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense. Parking in the middle of the lot is prohibited.

2020 Holidays

BCYF Roche Center will be closed in observance of the following holidays:

New Year's Day	January 1
Martin Luther King Jr. Day	January 20
Presidents' Day	February 17
Patriots' Day	April 20
Memorial Day	May 25
Independence Day	July 4

Classes scheduled on a holiday or Boston Public School (BPS) snow day will be cancelled for the day and will not be made up. There are no classes during BPS vacation weeks: February 17-21 and April 20-24

Jim Roche Community Ice Arena

617-323-9512

1275 VFW Parkway

Parking available in the lot next to the arena

BCYF Roche Center members will be able to skate during public skating hours for free. Must present a current membership card for free admission. Schedules available at arena, online @ www.fmcicesports.com or call 888-64-RINKS

Preschool Programs

Toddler Time

Fee: \$35 per seven-week session

This parent and child class is teacher directed with activities such as tumbling, free play and rhythmic activities appropriate for your toddler's development.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Class Code
Crawling - 3	Wednesday	9:30-10:15am	TT1
Crawling - 2	Thursday	9:30-10:15am	TT2
Crawling - 2	Tuesday	10:15-11:00am	TT3
Crawling - 2	Wednesday	10:15-11:00am	TT4
Crawling - 2	Thursday	10:15-11:00am	TT5
2-3	Tuesday	11:00-11:45am	TT6
2-3	Wednesday	11:00-11:45am	TT7
2-3	Thursday	11:00-11:45am	TT8

Session 2 begins the week of March 23, 2020

Age	Day	Time	Class Code
Crawling - 3	Wednesday	9:30-10:15am	TT9
Crawling - 2	Thursday	9:30-10:15am	TT10
Crawling - 2	Tuesday	10:15-11:00am	TT11
Crawling - 2	Wednesday	10:15-11:00am	TT12
Crawling - 2	Thursday	10:15-11:00am	TT13
2-3	Tuesday	11:00-11:45am	TT14
2-3	Wednesday	11:00-11:45am	TT15
2-3	Thursday	11:00-11:45am	TT16

Instructor: Donna Baressi

Sticky Fingers

Fee: \$35 per seven-week session

This parent and child class is teacher directed with activities such as crafts, play doh, sand play, chalk, etc. Come on in and get messy! **Limit 12 per class.**

Session 1 begins the week of January 21, 2020

Age	Day	Time	Class Code
18 m - 2.5	Tuesday	9:30 – 10:15 am	SF1
18 m - 3	Wednesday	9:30 – 10:15 am	SF2
18 m - 3	Thursday	9:30 – 10:15 am	SF3
18 m - 3	Saturday	9:30 – 10:15 am	SF4
2.5-3.5	Tuesday	10:15-11:00 am	SF5
2.5-3.5	Wednesday	10:15-11:00 am	SF6
2.5-3.5	Thursday	10:15-11:00 am	SF7
2.5-3.5	Saturday	10:15-11:00 am	SF8
2.5-3.5	Tuesday	11:00-11:45 am	SF9
2.5-3.5	Wednesday	11:00-11:45 am	SF10
2.5-3.5	Thursday	11:00-11:45 am	SF11
2.5-3.5	Saturday	11:00-11:45 am	SF12

Session 2 begins the week of March 23, 2020

Age	Day	Time	Class Code
18m – 2.5	Tuesday	9:30 – 10:15 am	SF13
18 m – 3	Wednesday	9:30 – 10:15 am	SF14
18 m – 3	Thursday	9:30 – 10:15 am	SF15
18 m – 3	Saturday	9:30 – 10:15 am	SF16
2.5-3.5	Tuesday	10:15-11:00 am	SF17
2.5-3.5	Wednesday	10:15-11:00 am	SF18
2.5-3.5	Thursday	10:15-11:00 am	SF19
2.5-3.5	Saturday	10:15-11:00 am	SF20
2.5-3.5	Tuesday	11:00-11:45 am	SF21
2.5-3.5	Wednesday	11:00-11:45 am	SF22
2.5-3.5	Thursday	11:00-11:45 am	SF23
2.5-3.5	Saturday	11:00-11:45 am	SF24

Instructor: Donna Mattimoe

Sports, Games & More...

Fee: \$35 per seven-week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions. **Parent is expected to stay in building during the class. Limit 12 per class.**

Session 1 begins the week of January 21, 2020

Age	Day	Time	Class Code
3-4	Monday	9:30 -10:15 am	SG1
3-4	Friday	9:30-10:15 am	SG2

Session 2 begins the week of March 23, 2020

Age	Day	Time	Class Code
3-4	Monday	9:30 -10:15 am	SG3
3-4	Friday	9:30-10:15 am	SG4

Instructor: Donna Baressi

Clap for Classics!

Fee: \$75 per seven-week session

These classes are an introduction to the joy of music-making! Children and parents will be introduced to foundational musical concepts in a fun environment, through traditional folk songs, children's songs and classical music. You and your baby or toddler will enjoy the singing, movement, and listening activities, as well as interaction with props, instruments, and the parachute.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Class Code
0-3 yrs	Wednesday	9:30-10:15 am	CLAP1
0-3 yrs	Wednesday	10:30-11:15 am	CLAP2

Session 2 begins the week of March 23, 2020

Age	Day	Time	Class Code
0-3 yrs	Wednesday	9:30-10:15 am	CLAP3
0-3 yrs	Wednesday	10:30-11:15 am	CLAP4

Session 3 begins the week of May 18, 2020

Age	Day	Time	Class Code
0-3 yrs	Wednesday	9:30-10:15 am	CLAP5
0-3 yrs	Wednesday	10:30-11:15 am	CLAP6

Instructor: Kathryn Lieppman

Mini Mozarts

(preschool ages 3-5)

Fee: \$75 per seven-week session

Preschoolers will enjoy singing, dancing, and instrument playing each week in these 45-minute classes. They will experience great classical music, gain a foundation of rhythmic understanding, and basic sight-singing. In addition to the musical enrichment, you and your child will benefit from the social and developmental experiences in this engaging class.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Class Code
3-5	Tuesday	4:00-4:45 pm	MINI1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Class Code
3-5	Tuesday	4:00-4:45 pm	MINI2

Session 3 begins the week of May 18, 2020

Age	Day	Time	Class Code
3-5	Tuesday	4:00-4:45 pm	MINI3

Instructor: Kathryn Lieppman

Small Wonders Early Childhood Program

Ages 3-4

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs. Registration begins January 15 at 5:00pm. Small Wonders enrollment will be open until full.

Program	Days	Time	Fee
3 Year Old	Tuesday / Thursday	8:30 – 2:30pm	3 Payments of \$1075
4 Year Old	Mon / Wed / Fri	8:30 – 2:30pm	3 Payments of \$1175

Visit the Small Wonders Classroom Monday, January 13 or Tuesday, January 14 between 9 – 10am to see our wonderful program activities and nurturing staff. For more information contact Tracy Donga at 617-635-3479.

Youth Programs

Pee Wee Basketball

Fee: \$30 per seven-week session *Must be made payable by money order or bank check to: City of Boston

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

Session 1 begins the week of January 21, 2020

Grade	Day	Time	Class Code
K2-1st	Wednesday	4:00-4:45 pm	PWB1
K2-1st	Thursday	4:45-5:30 pm	PWB2
2nd-3rd	Wednesday	4:45-5:30 pm	PWB3
2nd-3rd	Thursday	4:00-4:45 pm	PWB4

Session 2 begins the week of March 23, 2020

Grade	Day	Time	Class Code
K2-1st	Wednesday	4:00-4:45 pm	PWB5
K2-1st	Thursday	4:45-5:30 pm	PWB6
2nd-3rd	Wednesday	4:45-5:30 pm	PWB7
2nd-3rd	Thursday	4:00-4:45 pm	PWB8

Session 3 begins the week of May 18, 2020

Grade	Day	Time	Class Code
K2-1st	Wednesday	4:00-4:45 pm	PWB9
K2-1st	Thursday	4:45-5:30 pm	PWB10
2nd-3rd	Wednesday	4:45-5:30 pm	PWB11
2nd-3rd	Thursday	4:00-4:45 pm	PWB12

Wide World of Sports

Fee: \$30 per seven-week session *Must be made payable by money order or bank check to: City of Boston

Participate in a variety of recreational sports including floor hockey, whiffle ball, soccer, basketball and more! **All participants must wear appropriate athletic attire for class.**

Session 1 begins the week of January 21, 2020

Grade	Day	Time	Class Code
2-4	Friday	4:00-4:45 pm	WW1

Session 2 begins the week of March 23, 2020

Grade	Day	Time	Class Code
2-4	Friday	4:00-4:45 pm	WW2

Session 3 begins the week of May 18, 2020

Grade	Day	Time	Class Code
2-4	Friday	4:00-4:45 pm	WW3

Youth Karate

Fee: \$45 per seven-week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment.

Limit 15 per class.

Session 1 begins the week of January 21, 2020

Ages	Day	Time	Class Code
4-8	Monday	5:30 - 6:15 pm	YK1

Session 2 begins the week of March 23, 2020

Ages	Day	Time	Class Code
4-8	Monday	5:30 - 6:15 pm	YK2

Instructor: Ari Cassarino

Boston Neighborhood Basketball League (BNBL)

Established in 1969, the BNBL is the oldest neighborhood basketball league in the United States. Teams play one another weekly to vie for the league championship title in three divisions for boys and girls including 18 and under, 15 and under and 13 and under. Coaches must pre-register their teams by the end of May. The BNBL runs from July 6-August 20. For more information, please visit www.boston.gov/sports or contact Charlie Conners at Charles.Conners@Boston.gov or 617-961-3093.

WRCC Art Workshop

Fee: \$60 per seven-week session

"Mrs. C" our art teacher from summer camp teaches a series of exciting classes that explore unusual techniques using unique materials. Each week young artists will create a new project. Students will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins the week of January 21, 2020

Grade	Day	Time	Class Code
K1 – 2nd	Tuesday	4:15-5:00 pm	CRAFT 1
3rd & Up	Tuesday	5:00-5:45 pm	CRAFT 2

Instructor: Joanne Clamage

Knitting and More Club

Grades 3 - 5

Fee: \$40 per seven-week session

Wow! You made that yourself! Learn to knit and you will be able to create unique one-of-a-kind items to give or keep for yourself! Winter theme first session then working into spring projects! Join Mrs. Beatrice for a fun, rewarding and relaxing class. Materials are provided. **Limit 8 per class.**

Session 1 begins the week of January 21, 2020

Grade	Day	Time	Code
3-5	Monday	3:45-4:45pm	KNIT1

Instructor: Mrs. Beatrice

Yoga Play for Children

Ages 5-8

Fee: \$60 per seven-week session

This class is designed to cultivate mindfulness in children. Basic yoga poses will be taught to enable each child to become more grounded and present. Playful yoga games that capture children's attention and foster empathy and cooperation make this class a truly FUN experience!

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
6-8	Tuesday	5:00-5:45pm	YPC1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
6-8	Tuesday	5:00-5:45pm	YPC2

Instructor: Ines Hudson

Yoga for Girls: A Journey of Self Discovery

Fee: \$60 per seven-week session

This class teaches the art of yoga to girls ages 9 to 13. We will practice yoga postures to become comfortable in the body and basic meditation techniques to quiet the mind. Part of each class will be dedicated to fun, creative drawing and to journaling as forms of self-expression and self-knowledge. Young students can create a foundation of self-awareness with these powerful tools that are sure to last a lifetime. Please bring a drawing pad and oil pastels for drawing, and a journal/notebook and pen for journaling.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
9-13	Thursday	5:00-6:00pm	YG1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
9-13	Thursday	5:00-6:00pm	YG2

Instructor: Ines Hudson

Babysitting Class

Grades 5 - up

Fee: \$35

Babysitter training and safety class. A three hour training class in dealing with infants and children while babysitting. Feeding and diapering of babies as well as basic first aid is covered in the course. Students will strategize ways to keep youngsters safe and entertained while in their care. Intended for students in grades 5 and up.

Grade	Day	Time	Code
5 & up	Monday, Feb 24	4 - 7 pm	BSIT1
5 & up	Monday, Apr 27	4 - 7 pm	BSIT2
5 & up	Monday, Jun 15	4 - 7 pm	BSIT3

Instructor: Maryellen McNally

Home Alone Safety Class

Grades 3 - up

Fee: \$35

Home Alone Safety is a one-time 2 hour class that covers what to do and what not to do when a child or children are home alone. We cover what to do in an emergency - calling 911/choking relief and prevention and basic first aid skills. Intended for children in grades 3 and up.

Grade	Day	Time	Code
3 & up	Monday, Jan 27	4 - 6 pm	HOME1
3 & up	Monday, Apr 13	4 - 6 pm	HOME2
3 & up	Monday, Jun 1	4 - 6 pm	HOME3

Instructor: Maryellen McNally

Act It Out!

Ages 9-11

Fee: \$40 per seven-week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins the week January 21, 2020

Ages	Day	Time	Code
9-11	Friday	5:30 - 6:15pm	AO1

Session 2 begins the week of March 23, 2020

Ages	Day	Time	Code
9-11	Friday	5:30 - 6:15pm	AO2

Instructor: Courteney Leonard

Beyond Act It Out!

Ages 12-18

Fee: \$40 per seven-week session

This class will introduce students to intermediate improvisation. Through acting exercises, improvisors will learn to quickly create interesting and convincing characters. Improvisors will then practice these concepts in games.

Session 1 begins the week of January 21, 2020

Ages	Day	Time	Code
12-18	Friday	5:30 - 6:15pm	BAO1

Session 2 begins the week of March 23, 2020

Ages	Day	Time	Code
12-18	Friday	5:30 - 6:15pm	BAO2

Instructor: Courteney Leonard

Pre-Teen & Teen Self Defense/Attack Prevention Class

Ages 10 & Up

Fee: \$45 per seven-week session

Learn street awareness, prevention and personal protection methods that will enable you to walk/jog the city streets with confidence. Instructor has over 30 years of experience in attack defense and prevention techniques.

Session 1 begins the week of January 21, 2020

Ages	Day	Time	Code
10 & up	Monday	6:15-7:00pm	DEFENSE

Session 2 begins the week of March 23, 2020

Ages	Day	Time	Code
10 & up	Monday	6:15-7:00pm	DEFENSE

Instructor: Ari Cassarino

WRCC SUMMER PROGRAMS

Registration for the WRCC Summer Programs will take place on Wednesday, April 1st at 5:00pm. Non-refundable payment must be paid at the time of registration for all registered weeks. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

Summer Fun Camp at the BCYF Roche Center

Ages 3-5

Camp begins July 6th and ends August 14th

Monday through Friday: 8:30am – 1:00pm

Fee: \$200 per week per child

Breakfast and lunch provided. Activities include water play, art class, gym, and more!!

Must be 3 years old by July 6, 2020

Program Code	Week Of	Tuition
SF1	Week of July 6	\$200
SF2	Week of July 13	\$200
SF3	Week of July 20	\$200
SF4	Week of July 27	\$200
SF5	Week of August 3	\$200
SF6	Week of August 10	\$200

Camp WRCC at the BCYF Roche Center

Ages 6- 11

Camp begins July 6th and ends August 14th

Monday through Friday: 8:30am – 3:00pm

Fee: \$225 per week per child

Breakfast and lunch provided. Activities include weekly field trips, swimming, gym activities, art class and more!

Must be 6 years old by July 6, 2020

Program Code	Week Of	Tuition
CWRCC1	Week of July 6	\$225
CWRCC2	Week of July 13	\$225
CWRCC3	Week of July 20	\$225
CWRCC4	Week of July 27	\$225
CWRCC5	Week of August 3	\$225
CWRCC6	Week of August 10	\$225

TEEN PROGRAMS

Teen Center on Centre (T.C.O.C.) Program

Grades 6 – up

WRCC's Teen Center on Centre (T.C.O.C.) is for youth Grades 6 & up. This is a chance for teens to come together with friends and have an opportunity to meet new friends in a relaxed environment. Access to our T.C.O.C. drop-in center is included in the yearly membership fee. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Please feel free to contact our Youth Worker with questions: Chris at christopher.marshall@boston.gov

Teen Center Drop In

Monday - Friday

2:30-6pm (hours subject to change)

Friday Night Field Trips

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested, you may also add your name to our email updates by emailing christopher.marshall@boston.gov. WRCC membership is required for all T.C.O.C. Events. Pre-registration is required as space is limited. Due to the limited number of slots for teen trips, once registration is accepted by WRCC; no refunds, credits, or transfers/substitutions will be given if a teen does not attend. Must fill out permission slips for all trips. Participants must be at the BCYF Roche Center ½ hour before the scheduled time.

6th Grade Nights

Fee: \$5 per teen

Join us on these special Friday Fun Nights... just for 6th graders! Dodgeball, Castleball, Life-Size Hungry Hungry Hippos, Open Gym, Music and more! Pizza and drinks included. Don't miss out, register early; space is limited.

Select Fridays from 6-8pm.

Date	Grade	Code
2/7/2020	6	6GN1
3/6/2020	6	6GN2
5/8/2020	6	6GN3

Teen Paint Night!

Fee: \$25 per teen

Join us at BCYF Roche for a teen paint night! All teens will create and bring home their own canvas, painted by them!

Date	Grade	Time	Code
1/10/20	6 & Up	6-8 PM	PAINT

Girls' Nights at the BCYF Roche Center

Join us for girls only time at the BCYF Roche Center. Don't miss out on these special girls only events.

Event	Date	Grade	Cost	Code
Puzzle Room	3/20/20	6 & Up	\$40	GNR1
Mani & Pedi	5/22/20	6 & Up	\$40	GNR2

Boys' Nights at the BCYF Roche Center

Join us on select Friday Nights for an evening just for Grades 6-9. We may be staying at the BCYF Roche Center for fun and games or heading out on a Field Trip. Don't miss out!

Event	Date	Grade	Cost	Code
Puzzle Room	3/13/20	6 & Up	\$40	BNR1
Movie Night	5/15/20	6 & Up	\$20	BNR2

Bring a 5th Grader & 6th Grade Send-Off Party!!!

Fee: Free

Tuesday, June 2nd : 2:30-5:30pm

We are asking our current 6th grade members to bring a 5th grade friend to the Teen Center to get them ready for next year. Snacks and drinks will be provided as well as open gym and fun activities! We will also have cake to congratulate our 6th grade graduates! Please RSVP by June 1st to Chris.christopher.marshall@boston.gov

End of Year: BLOWOUT – GAMETRUCK !!!

Fee: \$20 per teen

Come celebrate the end of the school year with a GameTruck Video Game Party... Enjoy an exciting party in comfort and style with the hottest rolling video game truck for Boston! With the state-of-the-art Mobile Game comes professionally trained Game Coaches. Assisting with all your gaming needs!

Grade	Date	Time	Code
6	6/12/20	5pm-8pm	GAME

February & April Vacation Week Activities

February 17 – 21 / April 20 – 24

We will send e-mails detailing the weeks' events as dates come closer. Please e-mail christopher.marshall@boston.gov to be added to our e-mail list.

T.C.O.C. Summer Clinic

Ages 12-14

Join your friends for this exciting program geared towards the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Clinic begins July 6th. Monday – Friday 9am – 4pm*

*Some trips end later in the day

Program Code	Week Of	Tuition
CLC1	Week of July 6	\$250
CLC2	Week of July 13	\$250
CLC3	Week of July 20	\$250
CLC4	Week of July 27	\$250
CLC5	Week of August 3	\$250
CLC6	Week of August 10	\$250

Adult Programs

Morning Yoga

Fee: \$60 per seven-week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session. **Students must preregister for each session.**

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Thursday	9:00-10:15am	MY1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Thursday	9:00-10:15am	MY2

Instructor: JoAnn Arone

Yoga Flow

Fee: \$60 per seven-week session

This class is structured to open the body and relax the mind. Students will explore the subtleties of the postures and observe the nuances of the breath to cultivate a mind that is both quiet and alert.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Wednesday	6:00 – 7:15 pm	FLOW1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Wednesday	6:00 – 7:15 pm	FLOW2

Session 3 begins the week of May 18, 2020

Age	Day	Time	Code
Adult	Wednesday	6:00 – 7:15 pm	FLOW3

Instructor: Ines Hudson

Gentle Yoga

Fee: \$60 per seven-week session

This practice is for both new and experienced students to explore postures and breathing at a slower pace. The class is tailored to help participants stretch, strengthen, balance and energize. Class ends with relaxation and a short meditation. Suitable for all levels.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Tuesday	6:00-7:15 pm	GYOGA1
Adult	Friday	8:45-10:00 am	GYOGA2

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Tuesday	6:00-7:15 pm	GYOGA3
Adult	Friday	8:45-10:00 am	GYOGA4

Session 3 begins the week of May 18, 2020

Age	Day	Time	Code
Adult	Tuesday	6:00-7:15 pm	GYOGA5
Adult	Friday	8:45-10:00 am	GYOGA6

Instructor: Ines Hudson

Zumba

Fee: \$60 per seven-week session

Zumba is a high energy dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. **Students must preregister for each session.**

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Wednesday	7:30-8:30pm	ZUM1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Wednesday	7:30-8:30pm	ZUM2

Instructor: Maggie Galvin

Barre

Fee: \$60 per seven-week session

This barre class strengthens, tones and stretches muscles. Class begins with a warm up to increase your heart rate then moves to the barre for a series of toning exercises that incorporate small isolated movements to fatigue the muscles in both the upper and lower body. Class ends on the mat for more core work and toning followed by a relaxing stretch and cool down. **Note:** Bring a water bottle and a yoga mat.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Monday	7:15-8:15pm	BAR1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Monday	7:15-8:15pm	BAR2

Session 3 begins the week of May 18, 2020

Age	Day	Time	Code
Adult	Monday	7:15-8:15pm	BAR3

Instructor: Jesse Ohrenberger

Knitting for Adults

Fee: \$50 per seven-week session

Come learn how to knit and purl for beginners.

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Adult	Tuesday	6:30-8:30pm	KN1

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Adult	Tuesday	6:30-8:30pm	KN2

Instructor: Jean Shaw

Bridge Group

Wednesdays 10:30am

Join us for a great game of bridge with new or old friends!

Senior Programs

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us in the dance studio for line dancing instruction that includes oldies, Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more!

Wear comfortable clothing and sneakers. Registration not required.

Every Monday – In the Dance Studio

11:15-12:15pm

Instructor: Nancy DiDuca

Yoga for Seniors

Fee: \$35 per seven-week session

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing. **Students must preregister for each session.**

Session 1 begins the week of January 21, 2020

Age	Day	Time	Code
Senior	Tuesday	10:30-11:30am	SY1
Senior	Wednesday	1:00-2:00pm	SY2
Senior	Thursday	10:30-11:30am	SY3

Session 2 begins the week of March 23, 2020

Age	Day	Time	Code
Senior	Tuesday	10:30-11:30am	SY4
Senior	Wednesday	1:00-2:00pm	SY5
Senior	Thursday	10:30-11:30am	SY6

Instructor: JoAnn Arone

Balance Workshop for Seniors

Fee: Free - 8 week workshop beginning on January 27, 2020

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Join us to make changes to reduce your risk of falls and increase physical activity. **Workshop is limited to new enrollments.**

Ages	Day	Time	Code
Senior	Monday	11:00 -12:30 pm	BAL

Pickleball

Fee: \$10 beginning week of January 21, 2020

Tuesday & Thursday 1-2:30pm

Join us for a pick up Pickleball game at the BCYF Roche Center gym. Pickleball is a fun game that is played with a perforated plastic baseball (similar to a whiffleball) and wood paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. We have all the equipment, just come by and give it a try. **Membership is required to participate.**

Caregiver Support Workshop

Savvy Caregiver is a training program for caregivers who care for someone with Alzheimer's or related Dementias. It assists family (or friends) in their new role as caregiver, a role for which they may be unprepared. The program builds information and knowledge about the illness, helps to develop skills to manage daily life, and creates an outlet to share challenges and experiences with others. The program is offered at no charge and meets 1 day per week for 6 weeks. For more information or to register contact Ann Glora at 617-477-6616 or aglora@ethocare.org

Day and Time: Thursdays, 2:00 – 4:00 p.m.

Class Dates: January 23rd – February 27th, 2020

NEW!!! Bingocize®

Bingocize® is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. This new program is designed to increase the physical fitness, health knowledge, and social engagement of older adults, by combining exercise, health trivia, and Bingo. Improve your physical fitness, learn more about healthy eating and falls prevention and more...and just have fun! Bingocize® is offered for one hour 2 times per week for 10 weeks. For more information or to register contact Ann Glora at 617-477-6616 or aglor@ethocare.org

Day and Time: Mondays and Wednesdays, 3:00 – 4:00 p.m.

Class Dates: January 27th – April 1st, 2020

Memory Café

A Memory Café is a social gathering where people with memory loss and their caregivers can come together in a safe, supportive environment. Guests can share conversation over a cup of coffee in a relaxed atmosphere that sometimes includes music, art, or other forms of entertainment and provides families who are living with Dementia or Alzheimer's a support group to lean on and resources to share. Cafés are offered at no charge. Reservations are requested, but not required. For more information or to register, contact Ann Glora at aglor@ethocare.org or 617-477-6616.

Day and Time: Second Tuesday of each month, from 1:00-3:00PM

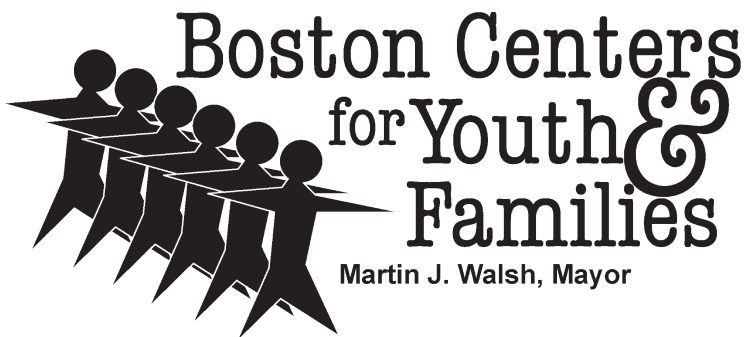
Café on Centre

A sense of community and friendship is vital to a living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the BCYF Roche Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at 617-522-6700.

Senior Book Club

Join us on the 2nd Thursday of the month at 11:30am. The next meeting is January 9th.

2nd Thursday of the month 11:30am



BCYF Roche Center Agreement/Waiver

This application is factual and complete to the best of my ability.

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, for any and all personal injuries or property damage resulting from my participation in Boston Center for Youth & Families Programs.

I, the undersigned parent or guardian of _____, a minor, hereby consent to his/her Boston Center for Youth & Families membership and waive and release any and all rights, causes of action and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, arising out of any and all personal injuries or property damage which I may now or hereafter have as the parent or guardian of said minor(s), and also all rights, causes of action, and claims which said minor has or may acquire resulting from his/her participation in the program.

I give consent to me/my child(ren) to be administered first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I give my consent for photographs, audiotapes and video records of me/my child(ren) to be used by Boston Centers for Youth & Families for publicity purposes. I also agree to allow Boston Centers for Youth & Families to use photographs, audiotapes, video records or other work produced by the member for publicity purposes.

I understand that once I register for a program there are no refunds given. Credits/transfers will be granted during the first week of the session only. Due to limited space on teen trips once a registration is accepted by WRCC no refunds, credits or transfers/substitutions will be given if a teen does not attend.

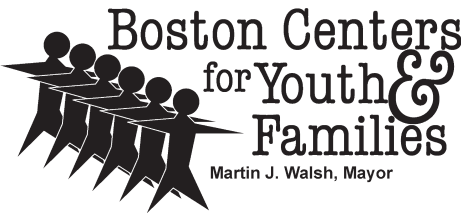
I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Center for Youth & Families Community Centers.

Failure to comply with these rules and expectations can lead to termination of membership.

Signature of Member or Parent/ Guardian if under 18 yrs old

Date

West Roxbury Community Centers Program Registration Form



The mission of Boston Centers for Youth & Families is to enhance the quality of life for Boston residents by partnering with community center councils, agencies, and businesses to support children, youth, individuals and families through a wide range of comprehensive programs and services according to neighborhood needs.

Please fill out form completely. Membership renewable each September. Please notify WRCC of any changes in address, email or phone number.

Member Name _____

Phone Number _____ **Email** _____

Membership payable by money order/bank check to: City of Boston

☐ New Member ☐ Current/Renew Membership ☐ Other BCYF Site Membership
Site Name _____

City of Boston Resident

- ☐ Family \$40
- ☐ Individual \$25
- ☐ Senior (55+) \$10
- ☐ Teen (13-19 years) \$5

Out of City

- ☐ Family \$80
- ☐ Individual \$50
- ☐ Senior (55+) \$20
- ☐ Teen (13-19 years) \$10

Program Registration payable by check, money order or credit card to: WRCC unless otherwise stated.

<u>Member Name</u>	<u>Program Code</u>	<u>Amount Due</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL DUE: _____

For Office Use Only:

Method of Payment: Check Credit Card WRCC Credit